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AUTHOR	Hawkins, J. David; Catalano, Richard F.
TITLE	Parents Who Care: A Step-by-Step Guide for Families with Teens. [Video Included].
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AVAILABLE FROM	Parents Who Care, c/o Paragon, 2115 Sixth Avenue, Seattle, WA 98121; phone: 800-579-3018 (Book and 117 minute VHS videotape, $39.95, plus shipping and handling).
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ABSTRACT

The world can be a risky place for teenagers in the 1990s. This guide and videotape provide skills for parents who want to help teens move successfully through the steps from childhood to adulthood. Based on extensive research, each of the seven units in the guide includes advice, strategies, and activities for both parents and teens to improve family bonding and set family guidelines. The seven units are: (1) "Roles: Relating to Your Teen" noting the parents' vision of the teen as an adult, and areas of development a teen experiences; (2) "Risks: Identifying and Reducing Them," noting risk factors in the community, school, peer group and family; (3) "Protection: Bonding with Your Teen to Strengthen Resiliency" noting protective factors and a social development strategy to encourage healthy and responsible behaviors; (4) "Tools: Working with Your Family to Solve Problems," including the family meeting, elements of active listening, controlling anger; (5) "Involvement: Allowing Everyone to Contribute," on ways teens can contribute to family functioning in preparation for adulthood; (6) "Policies: Setting Family Policies on Health and Safety Issues," on the importance of setting clear standards; and (7) "Supervision: Supervising without Invading," including teaching teens skills to counter peer pressure. The accompanying 2-hour video, divided into segments corresponding with the units in the guidebook, expands on the guidebook by chronicling four teens and their families as they experience and resolve the issues addressed in the units. (HTH)

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